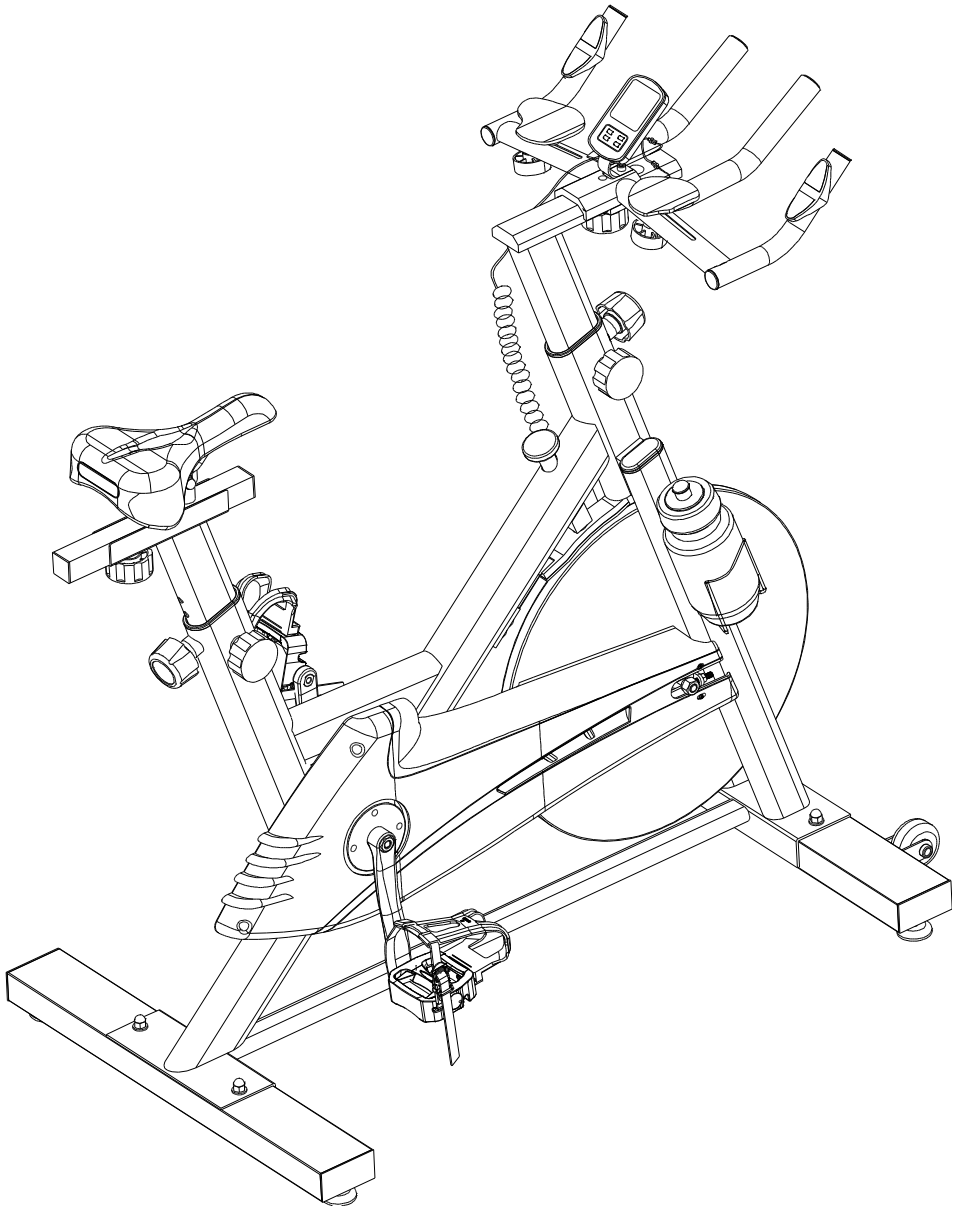
EXERPEUTIC
THERAPEUTIC FITNESS

INDOOR TRAINING BIKE



OWNER'S

Item #1230

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IMPORTANT: FOR NORTH AMERICA ONLY

To request product service and order replacement parts, please call our customer service department at: 1-866-924-1688

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

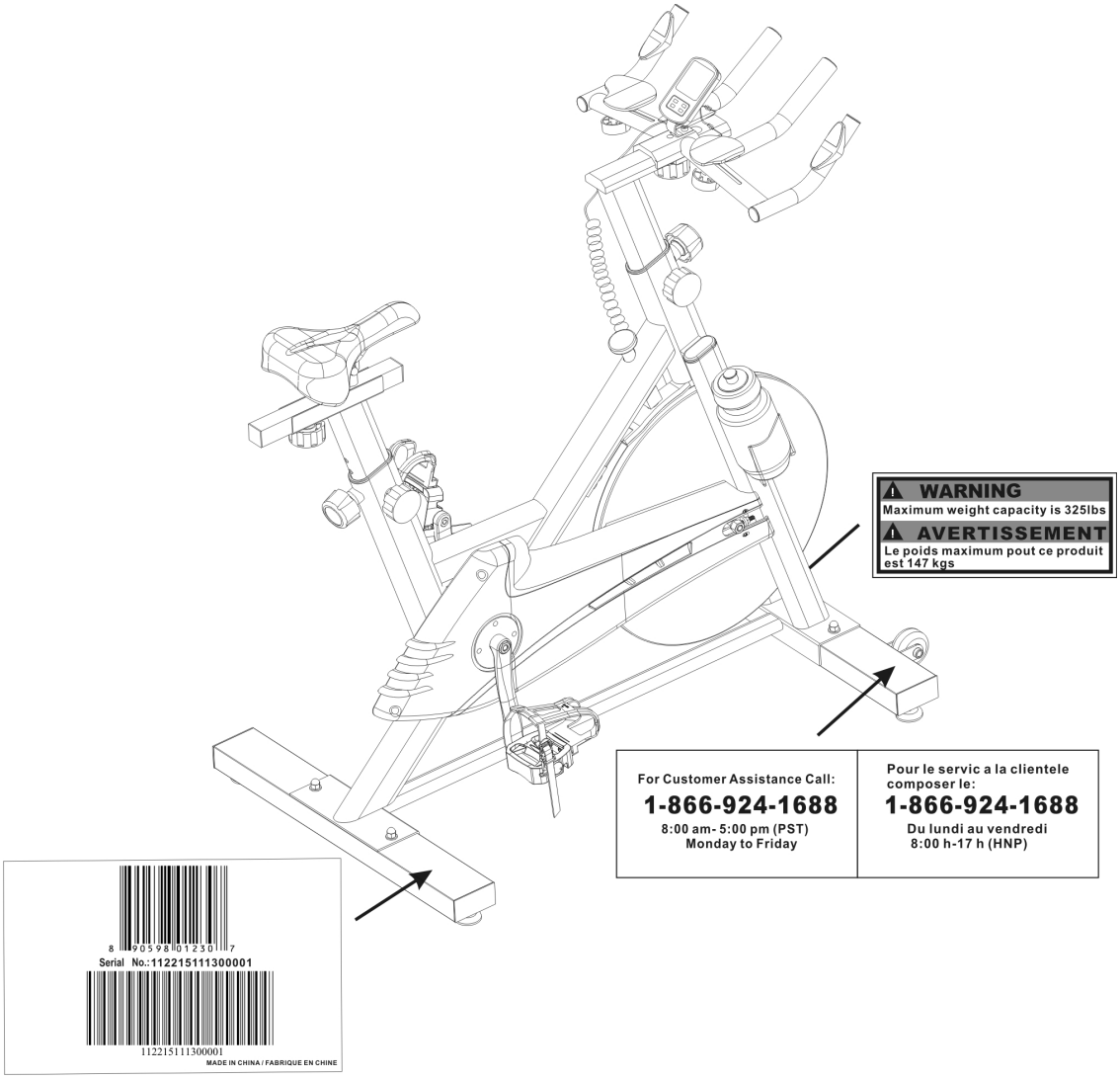
Please have the following information ready when requesting for service:

- **Your name**
- **Phone number**
- **Model number**
- **Serial number**
- **Part number**
- **Proof of Purchase**

Before returning this product to the store please contact customer service at the contact number.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave,
City of Industry, CA 91748, USA

WARNING LABEL PLACEMENT



PRODUCT SAFETY

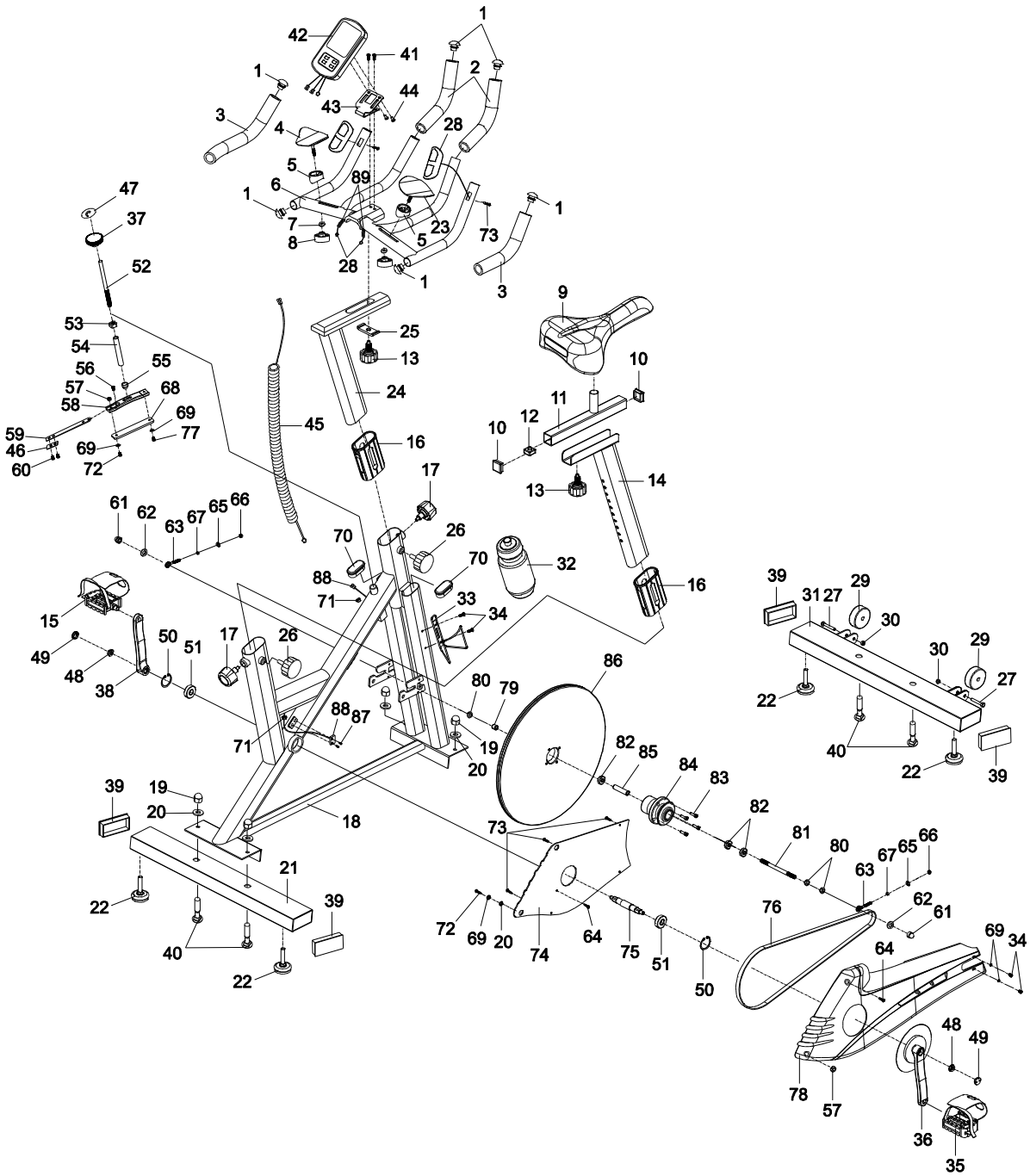
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising and to avoid injuring your muscles, perform warm-up exercise for each muscle group is highly recommended. Please refer to Warm Up section of the Owner's Manual.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
6. Keep dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment at any time.
12. Keep children and pets away from the product while in use. This machine is designed for adults only.
    This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 325 lbs/147 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



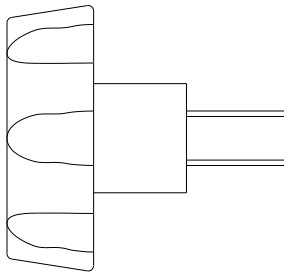
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Handlebar End Cap (Ø25.4x2.0)	6	029	Transport Wheel (Ø64x24)	2
002	Handlebar Foam Grip Ø33xØ23x290	2	030	Nylon Nut M8	2
003	Handlebar Foam Grip Ø33xØ23x220	2	031	Front Stabilizer (80x40x1.5tx600)	1
004	Left Elbow Protective Pad	1	032	Water Bottle	1
005	Elbow Protective Bracket	2	033	Water Bottle Holder	1
006	Handlebar	1	034	Bolt M5x16	4
007	Curve Washer Ø6	2	035	Right Foot Pedal 9/16"	1
008	Lock Nut M6 (Ø42x23)	2	036	Right Crank with Chain Wheel	1
009	Seat Cushion	1	037	Brake Knob Ø55	1
010	Seat Sliding Tube Square End Cap (□30x1.5)	2	038	Left Crank	1
011	Seat Sliding Tube	1	039	Rectangle End Cap (80x40x1.5)	4
012	Square Nut (26x26x12)	1	040	Carriage Bolt M8x55mm	4
013	Adjustment Knob M10	2	041	Bolt M6x6	2
014	Seat Post	1	042	Computer (ST7604-67)	1
015	Left Foot Pedal 9/16"	1	043	Computer Bracket	1
016	Bushing (80x40x1.5)	2	044	Bolt M6x15	2
017	Round Knob M16x1.5	2	045	Extension Sensor Wire	1
018	Main Frame	1	046	Small Spring Plate (36x15.5x2)	1
019	Cap Nut M8	4	047	Brake Knob Sticker	1
020	Big Washer Ø8	5	048	Nut M10x1.25	2
021	Rear Stabilizer (80x40x1.5tx600)	1	049	Crank Cover	2
022	Adjustable Leveler Ø42.5	4	050	Inner C Ring D40	2
023	Right Elbow Protective Pad	1	051	Bearing 6203ZZ	2
024	Handlebar Post	1	052	Brake Knob Rod (Ø10x190)	1
025	Handlebar Adjustment Knob Plate	1	053	Brake Block (19x19x10)	1
026	Lock Knob M8	2	054	Brake Knob Rod Sleeve (Ø15.1x100)	1
027	Hexagon Head Bolt M8x40	2	055	Cap Nut M12	1
028	Hand Pulse Sensor with Wire	2	056	Bolt M5x12	1

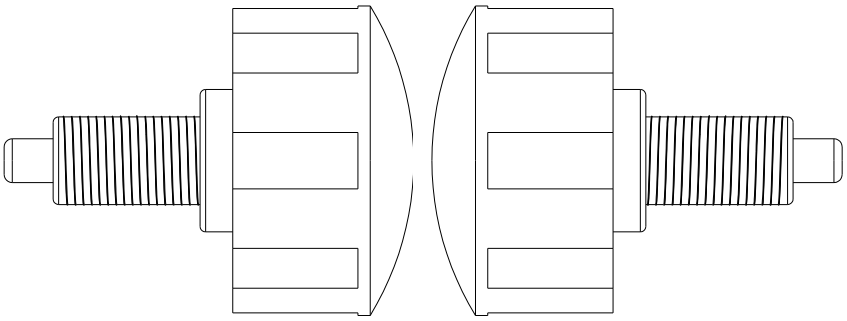
PART LIST

No.	Description	Qty	No.	Description	Qty
057	Nut M5	2	074	Inner Chain Cover	1
058	Brake Plate (140x25x13)	1	075	Axle Ø20x135	1
059	Spring Plate	1	076	Chain	1
060	Bolt M6x12	2	077	Bolt M5x8	1
061	Cap Nut M10x1.0	2	078	Outer Chain Cover	1
062	Spring Washer Ø10	2	079	Flywheel Sleeve (Ø14x1.5x12.5)	1
063	Eyebolt M6	2	080	Nut M10x1.0x5.7mm	3
064	Screw ST4.2x19	2	081	Flywheel Axle (Ø10x149)	1
065	Spring Washer Ø6	2	082	Bearing 608ZZ	3
066	Nut M6	2	083	Hexagon Socket Head Cap Bolt M6x20	4
067	Round Nut M6	2	084	Flywheel Bushing Ø80	1
068	Brake Pad (140x26x6)	1	085	Flywheel Sleeve (Ø14x1.5x56.7)	1
069	Washer Ø5	5	086	Flywheel Ø460	1
070	Oval End Cap 60x30x1.5	2	087	Pan Head Phillips Self Tapping Screw ST2.9x10	2
071	Wire Grommet	2	088	Sensor with Wire	1
072	Bolt M5x20	2	089	Plastic Flexible Tube Ø10xØ10x85	2
073	Pan Head Phillips Self Tapping Screw ST4.2x19	5			

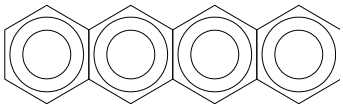
HARDWARE PACKING LIST & TOOL



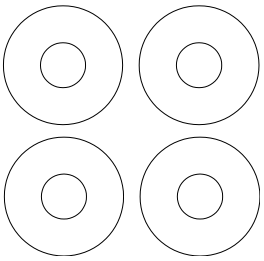
(13) Adjustment Knob M10
1 PC



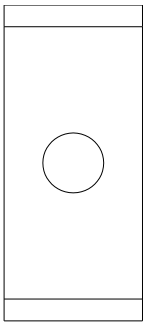
(17) Round Knob M16x1.5
2 PCS



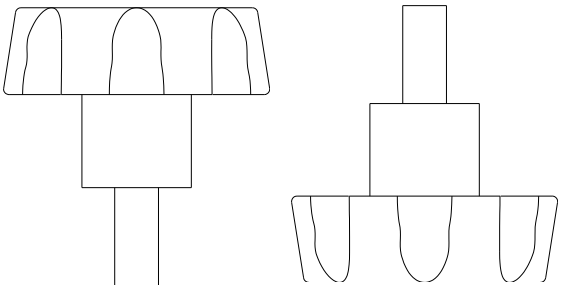
(19) Cap Nut M8
4 PCS



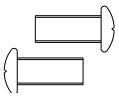
(20) Big Washer Ø8
4 PCS



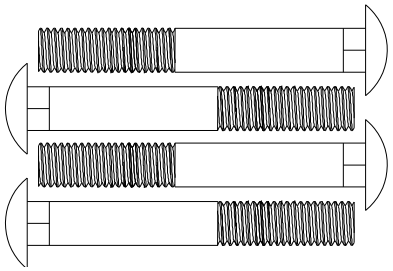
(25) Handlebar Adjustment Knob Plate
1 PC



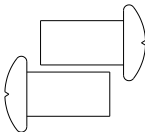
(26) Lock Knob M8
2 PCS



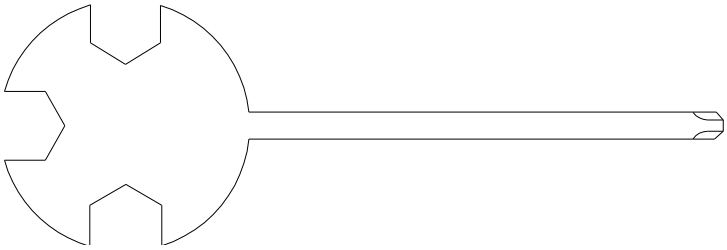
(34) Bolt M5x16
2 PCS



(40) Carriage Bolt M8x55mm
4 PCS

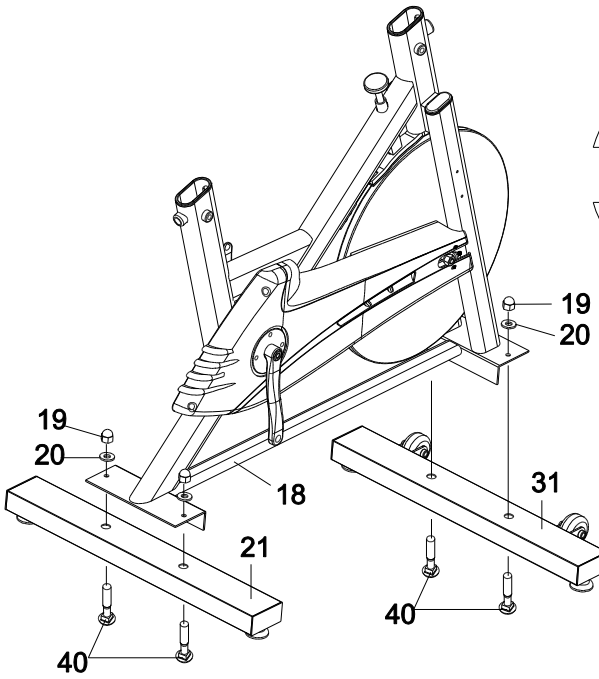


(41) Bolt M6x6
2 PCS

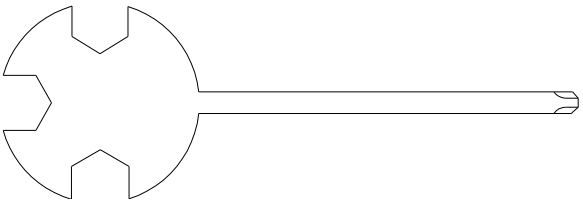


Multi Hex Tool with Phillips Screwdriver S13-14-15
1 PC

ASSEMBLY



Tool:

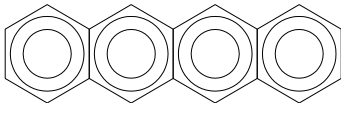


Multi Hex Tool with Phillips Screwdriver S13-14-15

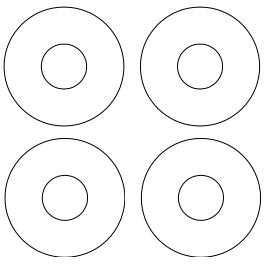
1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (31) in front of the Main Frame (18) and align bolt holes. Attach the Front Stabilizer (31) onto the front curve of the Main Frame (18) with two M8 Cap Nuts (19), two Ø8 Big Washers (20), and two M8x55 mm Carriage Bolts (40). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.
Position the Rear Stabilizer (21) behind the Main Frame (18) and align bolt holes. Attach the Rear Stabilizer (21) onto the rear curve of the Main Frame (18) with two M8 Cap Nuts (19), two Ø8 Big Washers (20), and two M8x55 mm Carriage Bolts (40). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

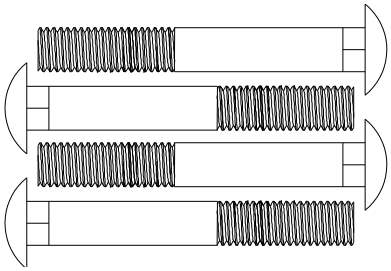
Hardware:



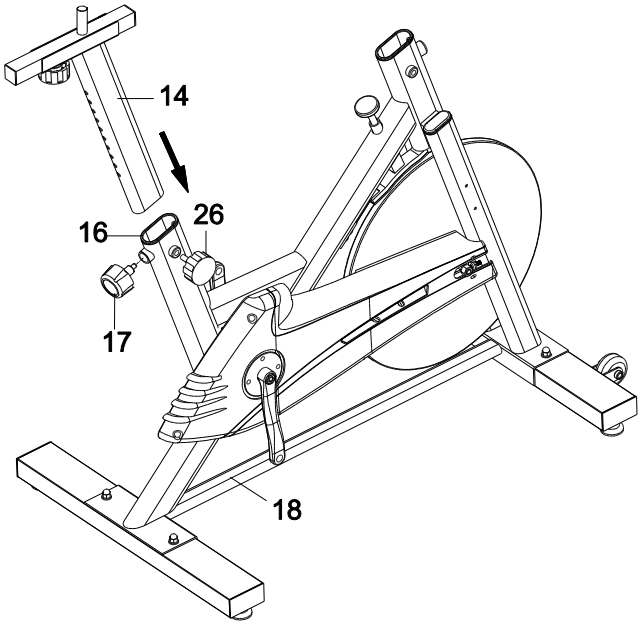
(19) Cap Nut M8
4 PCS



(20) Big Washer Ø8
4 PCS



(40) Carriage Bolt M8x55mm
4 PCS



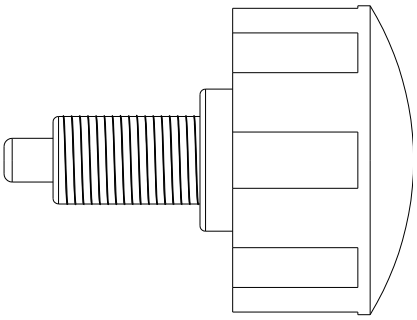
2. Seat Post Installation

Insert the Seat Post (14) into the Bushing (16) on the tube of the Main Frame (18) and then attach the Round Knob (17) onto the tube of the Main Frame (18) by turning it in a clockwise direction to lock the Seat Post (14) in the suitable position.

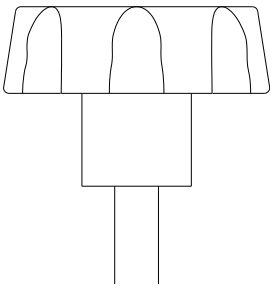
NOTE: When adjusting the height of seat post, the STOP line cannot be higher than the edge of bushing.

Finally, attach the M8 Lock Knob (26) onto the tube of the Main Frame (18) by turning it in a clockwise direction to lock the Seat Post (14) in place.

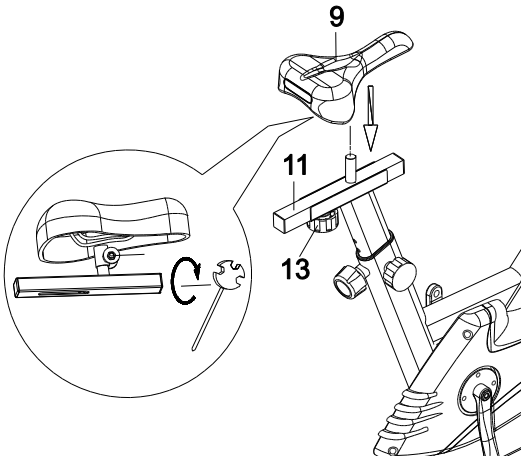
Knobs:



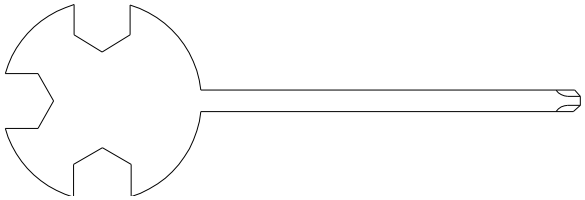
(17) Round Knob M16x1.5
1 PC



(26) Lock Knob M8
1 PC



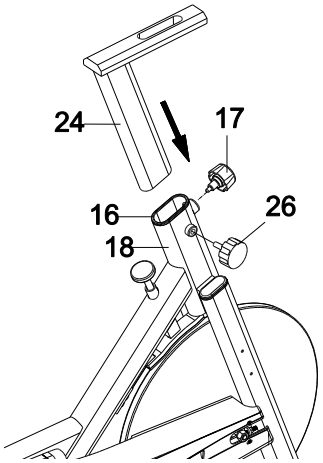
Tool:



Multi Hex Tool with Phillips Screwdriver S13-14-15

3. Seat Cushion Installation

Loosen nuts from underside of the Seat Cushion (9) with the Multi Hex Tool with Phillips Screwdriver provided. Then install the Seat Cushion (9) onto the Seat Sliding Tube (11)
and secure with nuts that were loosened. Tighten nuts with the Multi Hex Tool with Phillips Screwdriver provided.



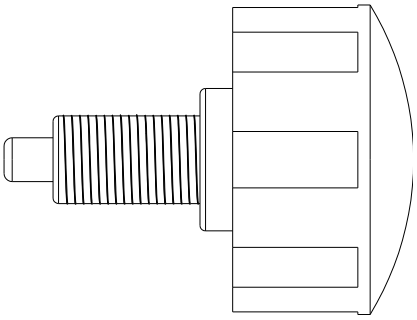
4. Handlebar Post Installation

Insert the Handlebar Post (24) into the Bushing (16) on the tube of the Main Frame (18) and then attach the Round Knob (17) onto the tube of the Main Frame (18) by turning it in a clockwise direction to lock the Handlebar Post (24) in the suitable position.

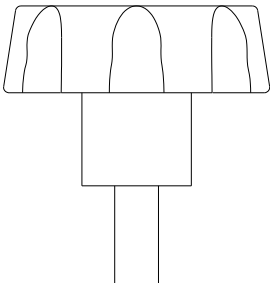
NOTE: When adjusting the height of seat post, the STOP line cannot be higher than the edge of bushing.

Finally, attach the M8 Lock Knob (26) onto the tube of the Main Frame (18) by turning it in a clockwise direction to lock the Handlebar Post (24) in place.

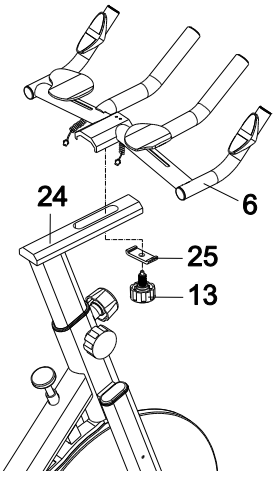
Knobs:



(17) Round Knob M16x1.5
1 PC



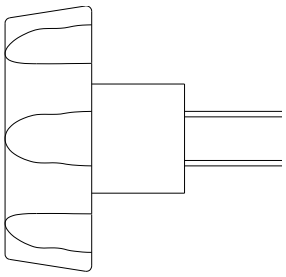
(26) Lock Knob M8
1 PC



5. Handlebar Installation

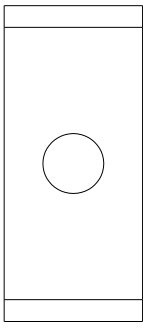
Attach the Handlebar (6) onto the Handlebar Post (24) with one Handlebar Adjustment Knob Plate (25) and M10 Adjustment Knob (13). Turn the M10 Adjustment Knob (13) in a clockwise direction to lock the Handlebar (6) in the suitable position.

Knob:

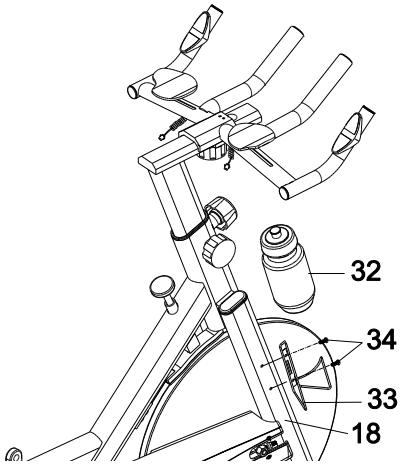


(13) Adjustment Knob M10
1 PC

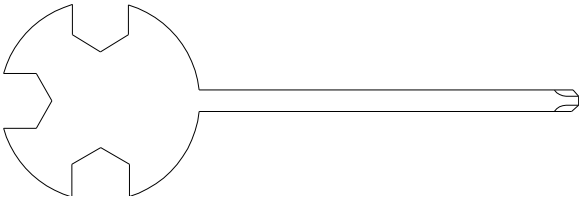
Hardware:



(25) Handlebar Adjustment Knob Plate
1 PC



Tool:

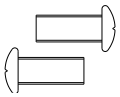


Multi Hex Tool with Phillips Screwdriver S13-14-15

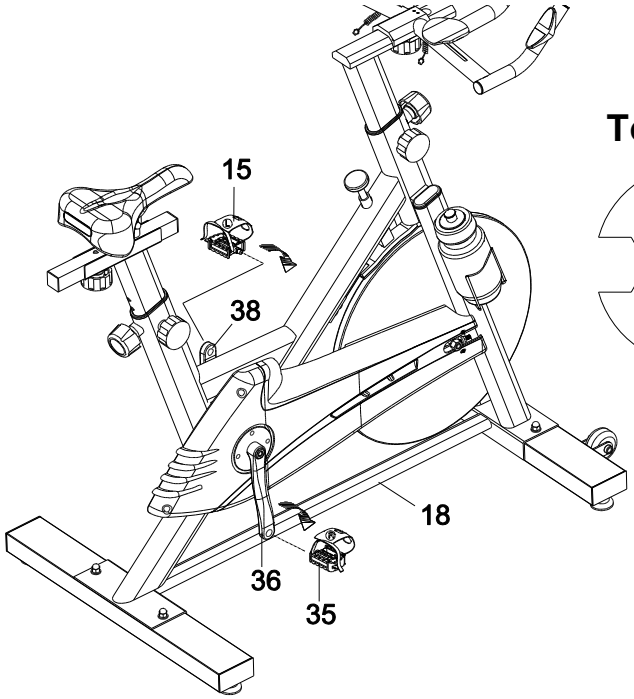
6. Water Bottle Holder Installation

Attach the Water Bottle Holder (33) onto the Main Frame (18) with two M5x16 Bolts (34).
Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.
Install the Water Bottle (32) into the Water Bottle Holder (33).

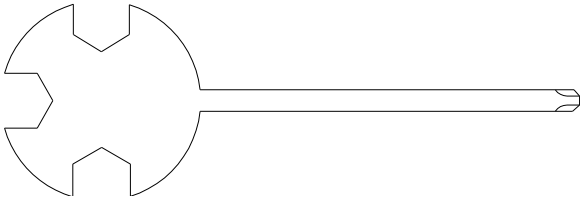
Hardware:



(34) Bolt M5x16
2 PCS



Tool:



Multi Hex Tool with Phillips Screwdriver S13-14-15

7. Foot Pedals Installation

The Cranks, Pedal Shafts, and Foot Pedals are marked "R" for Right and "L" for Left.

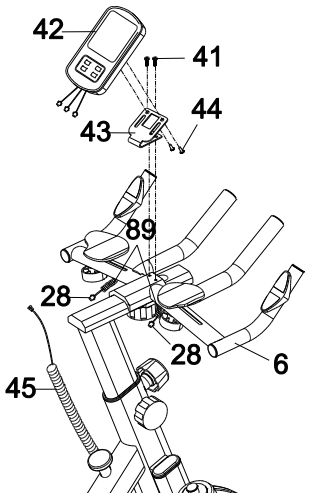
Insert the pedal shaft of Left Foot Pedal (15) into threaded hole in the Left Crank (38). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn left foot pedal shaft in the clockwise direction, doing so will strip the threads.

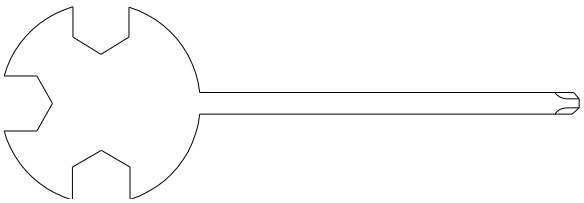
Tighten the pedal shaft of Left Foot Pedal (15) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (35) into threaded hole in Right Crank (36). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (35) with the Multi Hex Tool with Phillips Screwdriver provided.

Note: DO NOT turn right foot pedal shaft in the counter-clockwise direction, doing so will strip the threads.



Tool:



Multi Hex Tool with Phillips Screwdriver S13-14-15

8. Computer Installation

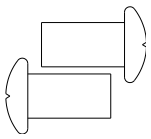
Attach the Computer Bracket (43) onto the Handlebar (6) with two M6x6 Bolts (41). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M6x15 Bolts (44) from the back of the Computer (42). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Computer (42) onto the Computer Bracket (43) with two M6x15 Bolts (44) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (28) and Extension Sensor Wire (45) to the wires that come from the Computer (42).

Hardware:



(41) Bolt M6x6
2 PCS

POWER ON

1. Plug in the power supply or press the RESET key for 2 seconds to start the console. LCD will display all segments for 2 seconds (FIGURE 1) with a beep sound. The flywheel dia. “78.0” will display in the DISTANCE column (FIGURE 2) and the LCD will display current temperature, date and time.

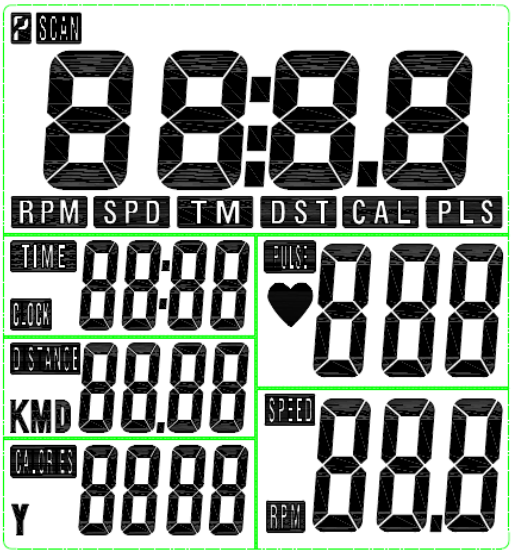


FIGURE 1

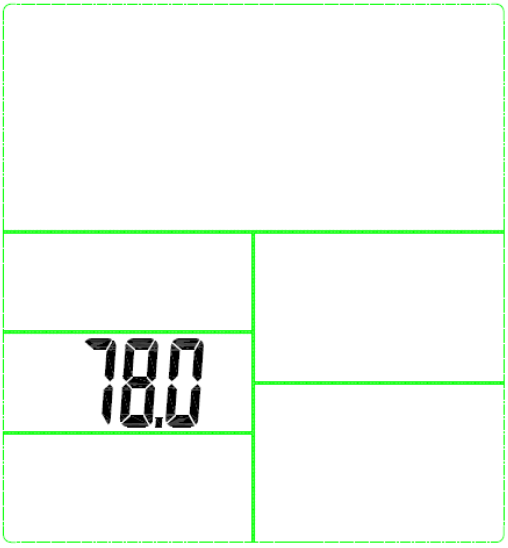


FIGURE 2

2. Use the SET key to adjust TIME, DISTANCE, and CALORIES when setting and press the MODE key after value’s determined. Press the RESET key clear all pre-set values.

2-1 Use the SET key to adjust maximum heart rate value for PULSE; system will have a beep sound as a reminder when the current heart rate exceeds the pre-set value.

2-2 When a RPM signal is detected, the icon will disappear and the icon SCAN will light up (FIGURE 3-4). When a pre-set value reaches to zero, console system will have beep sound as a reminder.

2-3 The icon will show 3 seconds after no RPM signal's detected.

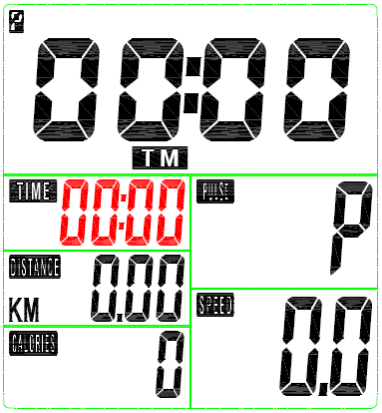


FIGURE 3

FIGURE 4

3. RECOVERY MODE:

3-1 RECOVERY function is only valid when there's a heart rate input's detected.

3-2 Press the RECOVERY key and LCD will display 60 seconds counting down (FIGURE 5) and if the heart rates signal stops, LCD will display "F6". When it reaches to "0:00", LCD will display result FX (X=1~6) (FIGURE 6).

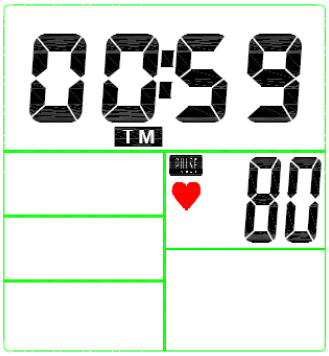


FIGURE 5

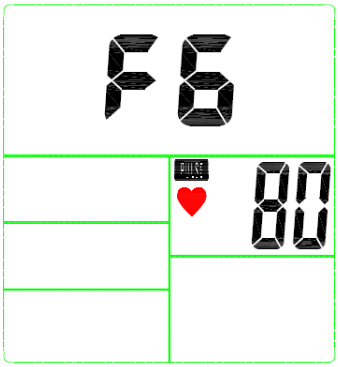


FIGURE 6

3-3 Before time reaches to 0:00, user can press the RECOVERY key to go back to the previous display.

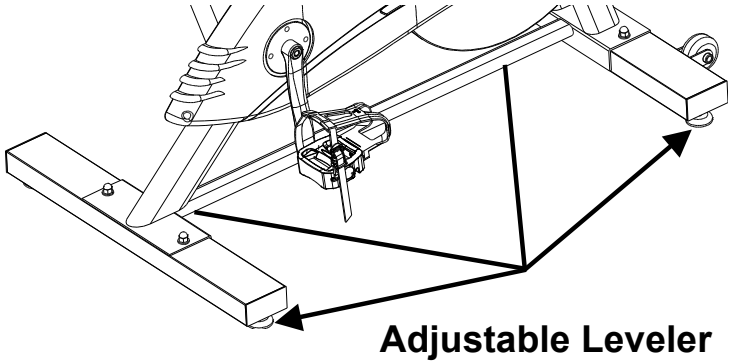
3-4 RECOVERY result FX will continue displaying on screen until the user presses the RECOVERY key again or system will go to SLEEP mode after 4 minutes.

4. Computer system will wake up if there's any signal input detected (or press any key).
5. Computer system will switch to power save mode if there's no signal input detected for more than 4 minutes. Reboot the computer and all pre-set and exercise values will be saved.

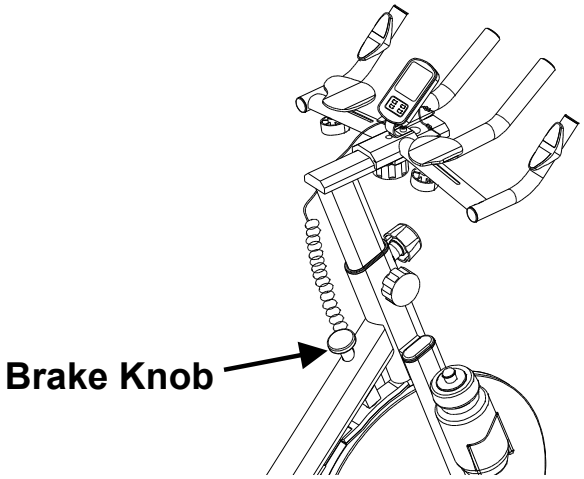
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

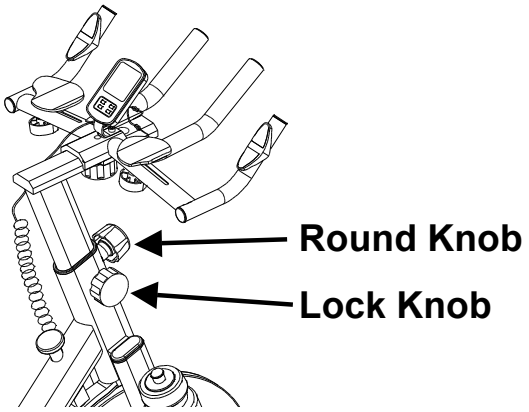


Adjusting the Adjustable Leveler
Turn the Adjustable Leveler on the front and rear stabilizers as needed to level the bike.



Adjusting the Brake Knob
To increase the load, turn the Brake Knob in a clockwise direction.
To decrease the load, turn the Brake Knob in a counterclockwise direction.

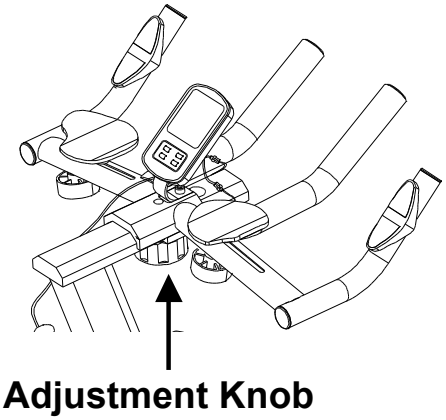
ADJUSTMENTS



Adjusting the Handlebar Height

Loosen the Lock Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten both Lock Knob and Round Knob in a clockwise direction.

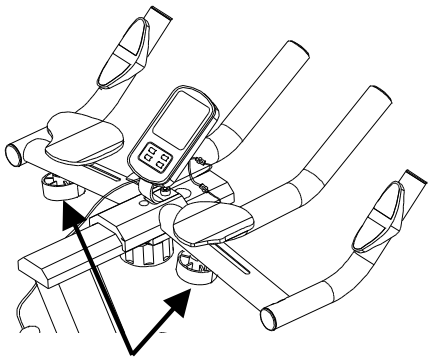
NOTE: When adjusting the height of handlebar post, the MAX line cannot be higher than the edge of plastic bushing.



Adjusting the Handlebar Forward or Back

Loosen the Adjustment Knob by turning counterclockwise direction. Slide the Handlebar forth or back direction to the suitable position. Lock the Handlebar in place by turning clockwise direction.

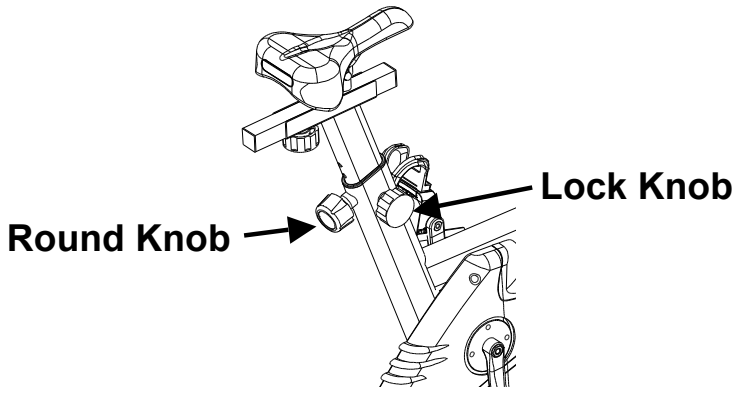
ADJUSTMENTS



Lock Nut

Adjusting the Left/Right Elbow Protective Pads

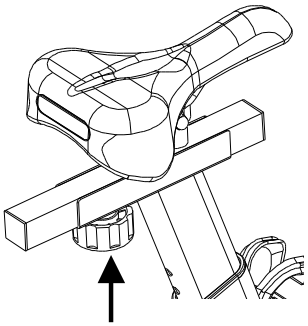
Loosen the Lock Nut by turning counterclockwise direction. Slide the Left/Right Elbow Protective Pad right or left direction to the suitable position. Lock the Elbow Protective Pad in place by turning clockwise direction.



Adjusting the Seat Height

Loosen the Lock Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position. Lock the Seat Post in place by releasing the Round Knob and sliding the Seat Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten both Lock Knob and Round Knob in a clockwise direction.

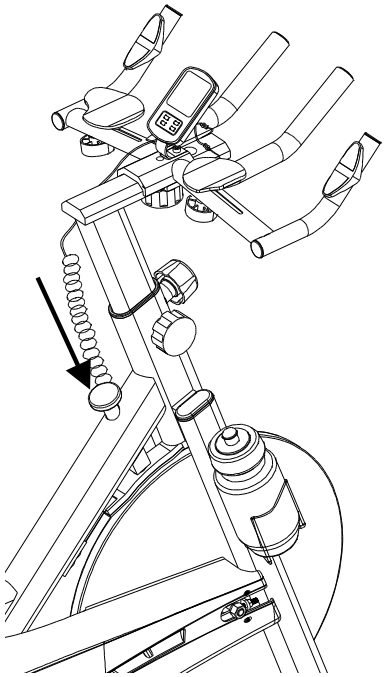
NOTE: When adjusting the height of handlebar post, the MAX line cannot be higher than the edge of plastic bushing.



Adjustment Knob

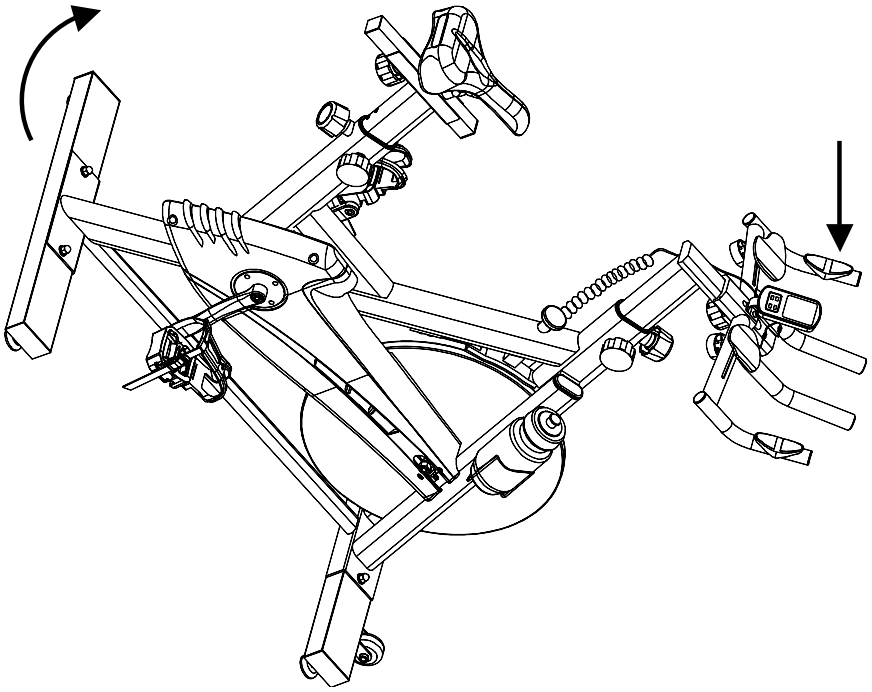
Adjusting the Seat Forward or Back
Loosen the Adjustment Knob by turning counterclockwise direction. Slide the Seat Sliding Tube forth or back direction to the suitable position. Lock the Seat Sliding Tube in place by turning clockwise direction.

EMERGENCY STOP



To emergency stop, press firmly down onto the **BRAKE KNOB**. Continue holding the **BRAKE KNOB** down until the flywheel comes to a complete stop.

MOVING THE BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.
SOLUTION: Turn the adjustable leveler on the front and rear stabilizers as needed to level the training bike.

PROBLEM: There is no display on the computer console.
SOLUTION: Verify the extension sensor wire is properly connected to the wire that comes from the computer.
SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.
SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart-rate reading or there is erratic / inconsistent reading.
SOLUTION: Verify the hand pulse sensor wires are properly connected to the wires that come from the computer.
SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with both hands instead of just with one hand.
SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The training bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the training bike. Please inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning
The training bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the training bike, especially, the computer console, out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage
Store the bike in a clean and dry environment away from children.

WARM UP

Quadriceps Stretch

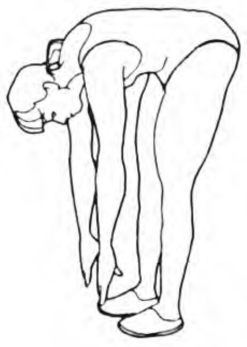
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor and hold for 15 counts.

Toe Touching

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Relax and hold for 15 counts. Repeat with left leg extended.

WARRANTY

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm Health & Wellness, Inc.'s Owner's Manual. Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including computer display, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual

2. Model Number

3. Description of Parts

4. Part Number

5. Date of Purchase

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO

service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION/REASON	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____
TRK #: _____
BACK ORDER: _____